

Health Awareness

A County Health Pool Publication



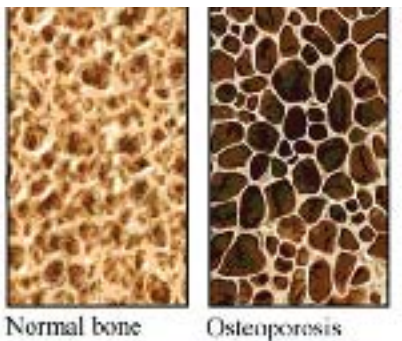
May 2006

Osteoporosis - Awareness and Prevention



Imagine, the hardest, most durable substance in the body drained away by a condition called osteoporosis.

For millions of Americans, as they approach their 40s the bones become porous and fragile -- the hallmark of osteoporosis.



What is Osteoporosis?

It's been called the silent thief, however the word osteoporosis means "porous bones". Osteoporosis is the unfortunate imbalance of osteoclasts and os-

teoblasts, bones begin to dissolve faster than they are rebuilt, causing an unavoidable loss of bone. Bones are also where most of the body's calcium is stored.

Eighty percent of people with osteoporosis are women; commonly considered to be a women's disease, however about 2 million American men also have the condition.

A women's vulnerability to the condition increases when estrogen levels decrease after menopause. Men are especially vulnerable to osteoporosis as they age, partly due to declining testosterone levels.

Risk Factors

Many factors can increase the risk of osteoporosis:

- diets low in calcium or Vitamin D
- cigarette smoking, lack of exercise
- a person's genes, body type, and medical history
- being thin or having a small body frame
- a history of an eating disorder



Osteoporosis can also be a side effect of many medicines including corticosteroids, some antiseizure drugs. It can also be an unfortunate consequence of alcoholism, hyperthyroidism, rheumatoid arthritis, chronic intestinal or liver disease, and leukemia.

What's the Treatment?

Medical experts agree that it's not too late to protect yourself from future problems and in many cases, slow and even reverse bone loss. Here are some steps:

Get your calcium and Vitamin D.

Get regular exercise.

Take your medicine.

Avoid falls.

Treating Osteoporosis; Its Never Too Late

Get your calcium and vitamin D

These two nutrients offer powerful protection against fractures. They are found in low-fat dairy products, dark green leafy vegetables, and fortified juices, breads, and cereals. For people over 65, daily calcium and vitamin D supplements can help reduce the risk of breaking a bone.



Get regular exercise.

“Weight-bearing” exercises such as walking, running, stair climbing, dancing, and resistance exercises like weight lifting will improve your bone density while giving you extra strength, agility, and balance to prevent falls.



Take your medicine.

Estrogen replacement therapy at the time of menopause slows rapid bone loss. Men with low testosterone levels may benefit from hormone replacement.

How Much Calcium Do You Need?

Age	Recommended Daily Intake
1-3	500 mg
4-8	800 mg
9-18	1300 mg
19-50	1,000 mg
51 and older	1,200 mg



Source: Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D and Fluoride. Institute of Medicine, Washington D.C.: National Academy Press, 1997

Health Fair Benefit

Its that time of year again to be proactive about your health. Take advantage of CHP's Health Fair Benefit which allows up to \$40 reimbursement.

Make sure you get a receipt with provider information. You can submit the receipt along with a Health Fair Benefit claim form to Anthem for reimbursement.

To obtain a Health Fair Benefit claim form, go to www.ctsi.org and click on CHP documents or contact your county representative.

If you have any issues with reimbursement, contact your benefits administrator at CHP.

COFFEE FACTS

As coffee consumption declined in the 1960s, the ICA (International Coffee Organization) responded by launching a million dollar ad campaign to seduce seventeen- to twenty-five-year-olds to drink coffee. The Admen came up with the “Think Drink” slogan, designed to appeal to the young adult who had a difficult decision to make or serious studying to do, coffee would lubricate the brain cells.

Did the campaign work? Look for the answer in the next newsletter.